

|| soorya namaskaara mantra ||

om dhyeyah sadaa savitru manDala madhyavarti
naaraayanah sarasijaasam sannivishTaha
keyooravaana makara kunDalavaana kireeTee
haaree hiranmaya vapudhruta shankha chakraha

om mitraaya namaha
om ravaye namaha
om sooryaaya namaha
om bhaanave namaha
om khagaaya namaha
om pooshNe namaha
om hiraNya garbhaaya namaha
om mareechaye namaha
om aadityaaya namaha
om savitre namaha
om arkaaya namaha
om bhaaskaraaya namaha
om shree savitru sooryanaaraayanaaya namaha

aaditasya namaskaaraan ye kurvanti dine dine
janmaantara sahasreshu daaridrahyam dosha naashate
akaalamrutyu haranam sarvavyaadhi vinaashanam
sooryapaadodakam teertham jaThare dhaarayaamyaham

yogena chittasya padena vaachaamalam shareerasya cha vaidyakena
yopaakarottam pravaram muneenaam patanjali praanjaliraanato asmi